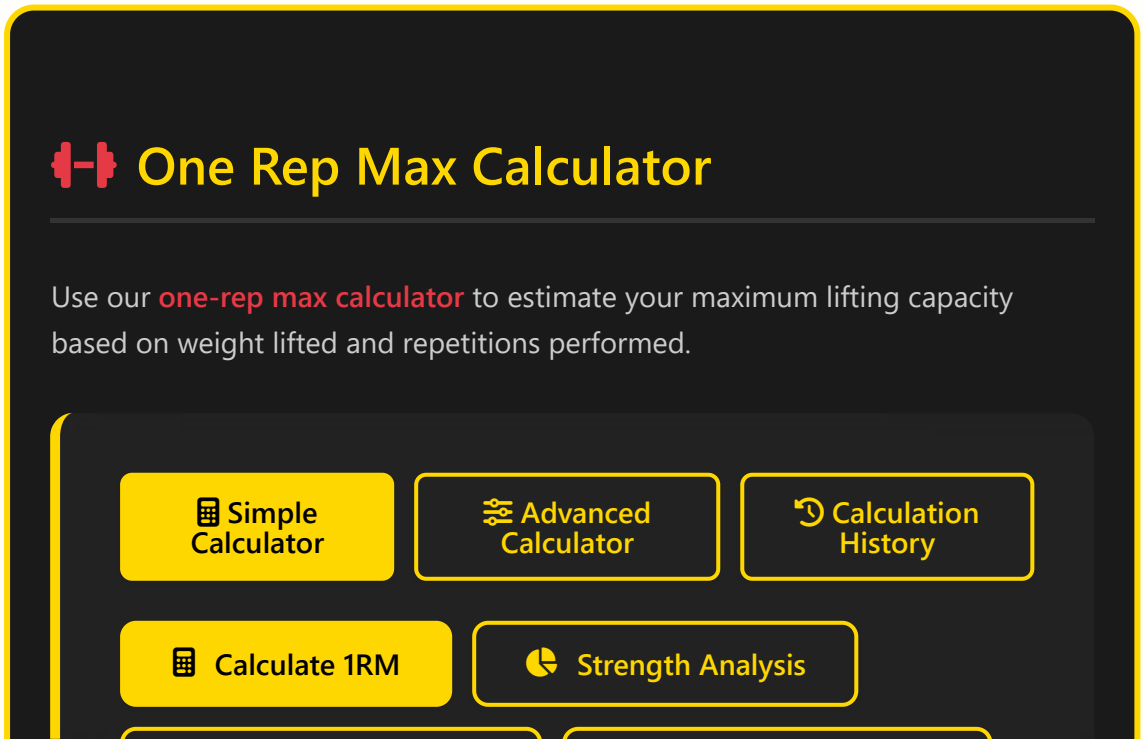
By OneRepMaxPro / January 5, 2026

Bodybuilding One Rep Max Calculator

Calculate your one-rep max (1RM) for weightlifting exercises. Use our advanced 1RM calculator to determine your maximum lifting capacity and track your strength progress over time.


One Rep Max Calculator
Use our one-rep max calculator to estimate your maximum lifting capacity based on weight lifted and repetitions performed.
Simple Calculator
Advanced Calculator
Calculation History
Calculate 1RM
Strength Analysis

Training Suggestions | Favorite Calculations

Calculation Results

🏋️ Enter your lifting details below to calculate your estimated one-rep maximum

Our calculator uses multiple scientifically validated formulas for accurate 1RM estimation

Your 1RM: 263 lbs

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Estimated 1RM

263 lbs

Strength Level

Intermediate

Formula Used

Epley

Your One-Rep Max Results

Your estimated Bench Press one-rep max is 263 lbs. Enter your bodyweight for a more detailed strength classification and personalized recommendations.

Formula	Estimated 1RM	Accuracy
Epley Epley	263 lbs	Selected
Brzycki Brzycki	253 lbs	Alternative
Lombardi Lombardi	264 lbs	Alternative
Mayhew Mayhew	268 lbs	Alternative
O'Conner O'Conner	253 lbs	Alternative
Wathan Wathan	262 lbs	Alternative
Average of All Formulas	**261 lbs**	Comparison

Bench Press | Intermediate | 263 lbs

Calculation Confidence: 77%

Strength Analysis

Max Strength Potential

Training Efficiency

Recovery Capacity

Calculate One-Rep Max

Clear All

Save Results

Lifting Details

Pounds (lbs)

Kilograms (kg)

Weight Lifted

225

225 lbs

Reps Performed

5

5 reps

Exercise Type

Bench Press

Training Level

Intermediate (2-5 years)

1RM Calculation Formula

Epley Formula (Most Common)

Bodyweight (Optional)

Enter your bodyweight

-- lbs

Calculate One-Rep Max

One-Rep Max Results

Estimated One-Rep Max

263 lbs

For Your Selected Exercise

Bench Press | Intermediate

Training Max (90%)	5RM Weight	10RM Weight
237 lbs	224 lbs	197 lbs

Wilks Score

--

Strength Assessment: Strong Bench Press

Your estimated Bench Press one-rep max is 263 lbs. Enter your bodyweight for a more detailed strength classification and personalized recommendations.

Exercise Types & 1RM Standards

Select an exercise type to see strength standards for your estimated one-rep max:

Bench Press

Upper body pushing exercise that targets chest, shoulders, and triceps.

Bench Press

Squat

Lower body compound exercise that targets quads, glutes, and hamstrings.

Squat

Deadlift

Full body pulling exercise that targets back, glutes, and hamstrings.

Deadlift

Overhead Press

Shoulder-dominant pressing exercise that targets deltoids and triceps.

Overhead Press

Barbell Row

Back exercise that targets lats, rhomboids, and biceps.

Barbell Row

Pull-up

Bodyweight pulling exercise that targets back and biceps.

Pull-up

Repetition Max Table

Based on your estimated one-rep max, here are your predicted weights for different rep ranges:

Reps	Weight (% of 1RM)	Calculated Weight
1 RM	100% of 1RM	263 lbs
2 RM	95% of 1RM	250 lbs
3 RM	90% of 1RM	237 lbs
4 RM	88% of 1RM	231 lbs
5 RM	85% of 1RM	224 lbs
6 RM	83% of 1RM	218 lbs
7 RM	80% of 1RM	210 lbs
8 RM	78% of 1RM	205 lbs
9 RM	76% of 1RM	200 lbs
10 RM	75% of 1RM	197 lbs

Reps	Weight (% of 1RM)	Calculated Weight
12 RM	70% of 1RM	184 lbs
15 RM	65% of 1RM	171 lbs

Training Tips & Recommendations

Based on your Intermediate training level, here are tips for improving your one-rep max:

Training Frequency

Recommendation: 3-4x/week

How often you should train each muscle group

Beginners: full body 3x/week; Intermediate: upper/lower 4x/week; Advanced: push/pull/legs 5-6x/week

Volume Recommendation

Recommendation: 10-20 sets/week

Weekly sets per muscle group for optimal growth

Beginners: 10-12 sets; Intermediate: 12-18 sets; Advanced: 15-20+ sets (with periodization)

Intensity Range

Recommendation: 70-85% 1RM

Optimal percentage of 1RM for most training

Strength: 85-95% 1RM; Hypertrophy: 70-85% 1RM; Endurance: 60-70% 1RM

Progression Method

Recommendation: Linear/Double

How to increase weights over time

Beginners: add weight weekly; Intermediate: add weight every 2-3 weeks; Advanced: periodized cycles (4-12 weeks)

Recovery Focus

Recommendation: Sleep & Nutrition

Most important recovery factors for strength gains

Aim for 7-9 hours sleep, 1.6-2.2g protein/kg bodyweight, and manage stress levels

Deload Frequency

Recommendation: Every 4-8 weeks

How often to reduce training volume/intensity

Beginners: every 8 weeks; Intermediate: every 6 weeks; Advanced: every 4 weeks or as needed

Training Tip: To safely test your actual one-rep max, ensure you have proper form, adequate warm-up, and a spotter. Never attempt a 1RM without proper preparation and safety measures in place.

Show Calculation History

Print Results

Share Results

The Science of One-Rep Max

Your one-rep maximum (1RM) is the maximum amount of weight you can lift for a single repetition of an exercise. It's a key metric for strength training programs, allowing you to calculate appropriate training weights and track progress over time.

> **Key Insight:** Most lifters should not test their actual 1RM frequently due to injury risk and recovery demands. Instead, use formulas to estimate your 1RM based on submaximal lifting, then train at percentages of this estimated max.

Our one-rep max calculator helps you estimate your 1RM by considering weight lifted, repetitions performed, exercise type, and using multiple scientifically validated formulas for accuracy.

Why Knowing Your 1RM Matters

Program Design

Accurate 1RM estimates allow you to train at appropriate percentages for strength,

Progress Tracking

Tracking your estimated 1RM over time shows strength improvements even when not

hypertrophy, or endurance.

testing maximums.

Competition Prep

Powerlifters and strength athletes use 1RM calculations to plan competition attempts and training cycles.

Injury Prevention

Training at proper percentages reduces injury risk compared to frequent maximum attempts.

Common 1RM Formulas

Epley Formula

```
1RM = weight × (1 + 0.0333 × reps)
```

Most commonly used formula. Works well for lower rep ranges (1-10 reps).

Brzycki Formula

```
1RM = weight × (36 / (37 - reps))
```

Popular formula that tends to be more conservative at higher rep ranges.

Lombardi Formula

```
1RM = weight × reps^0.10
```

Works particularly well for higher rep ranges and endurance-focused lifts.

Mayhew Formula

```
1RM = (100 × weight) / (52.2 + 41.9 × e^(-0.055 × reps))
```

Complex formula that accounts for non-linear relationship between reps and 1RM.

How Our 1RM Calculator Works

Our one-rep max calculator uses multiple scientifically validated formulas to estimate your maximum lifting capacity. Here's how it works:

The Calculation Process

1. **Input Analysis:** Takes your lifted weight, repetitions, exercise type, and training level
2. **Formula Application:** Applies selected formula (or all formulas for comparison)
3. **Exercise Adjustment:** Adjusts estimates based on exercise-specific strength curves
4. **Training Level Consideration:** Accounts for training experience and neuromuscular efficiency
5. **Bodyweight Adjustment:** Calculates relative strength scores when bodyweight is provided
6. **Strength Classification:** Compares your results to population strength standards

Formula-Specific Considerations

Epley Formula

Brzycki Formula

- Best for 1-10 repetition ranges
- Tends to overestimate at very high reps
- Simple and widely used in gym settings
- Linear relationship assumption

- More conservative than Epley
- Better for higher rep ranges
- Commonly used in academic settings
- Non-linear rep-1RM relationship

Lombardi Formula

- Power function relationship
- Works well across wide rep ranges
- Accounts for fatigue accumulation
- Good for endurance athletes

Formula Comparison

- Different formulas work better for different people
- Exercise type affects formula accuracy
- Training experience changes formula validity
- Using multiple formulas increases accuracy

Important Note: All 1RM formulas are estimates. Actual maximum may vary based on factors like fatigue, technique, mental state, and equipment. These formulas work best when you're well-rested and using good form with submaximal weights (5-10 reps).

Strength Standards & Classifications

Our calculator compares your estimated 1RM to population strength standards to classify your strength level:

Strength Classification System

Beginner

Less than 1 year of consistent training. Focus on learning proper form and building fundamental strength.

Example: Bench press < bodyweight

Novice

1-2 years of training. Developing proper technique and seeing consistent strength gains.

Example: Bench press ≈ bodyweight

Intermediate

2-5 years of consistent training. Solid strength foundation with periodized programming.

Example: Bench press 1.25× bodyweight

Advanced

5+ years of dedicated training. Specialized programming and recovery strategies.

Example: Bench press 1.5× bodyweight

Strength Assessment

Classification	Bench Press (×BW)	Squat (×BW)	Deadlift (×BW)	Training Focus
Beginner	0.75-1.0	1.0-1.25	1.25-1.5	Form, consistency, base building
Novice	1.0-1.25	1.25-1.5	1.5-1.75	Linear progression, technique refinement
Intermediate	1.25-1.5	1.5-1.75	1.75-2.0	Periodization, advanced techniques

Classification	Bench Press (×BW)	Squat (×BW)	Deadlift (×BW)	Training Focus
Advanced	1.5-2.0	1.75-2.25	2.0-2.5	Specialization, competition prep
Elite	2.0+	2.25+	2.5+	Peaking, technical mastery

Frequently Asked Questions (FAQ)

What is a one-rep max (1RM)?

How accurate are 1RM calculators?

How often should I test my actual 1RM?

Which formula is most accurate?

How do I use my 1RM for programming?

Explore Our Other Useful Tools

Check out our other free online tools and calculators for various needs:

One Rep Max Calculator

One Rep Max Calculator

Headcanon Generator

Random Headcanon Generator

Kingdom Name Generator

Japanese Name Generator

Horse Name Generator

Dragon Name Generator

Couple Name Generator

Pet Name Generator

Pokémon Name Generator

Passport Photos

One Rep Max Calculator

Best Urdu Quotes

Vorici Calculator

Image Converters

Snow Day Calculators

These external tools are provided for your convenience and may have different terms of use.

Calculate Your One-Rep Max Now

Discover your maximum strength potential with our advanced one-rep max calculator. Get personalized training recommendations and track your strength progress over time.

Calculate Your 1RM Now

© 2023 Bodybuilding One Rep Max Calculator | Free tool for calculating your maximum lifting capacity

This tool provides estimates for educational purposes only. Always use proper form and safety measures when lifting weights.

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